

# HEALTH ALERT

## Novel H1N1 Flu

Look for these symptoms:

### FEVER AND

- Cough
- Sore throat
- Runny or stuffy nose

Other symptoms may include:

- Body aches
- Headache
- Fatigue
- Chills
- Diarrhea
- Vomiting

People with certain chronic medical conditions, adults 65 years or older, children younger than 5 years old, and pregnant women may be at higher risk for severe illness.

### IF YOU THINK YOU HAVE H1N1 FLU:

- **Stay at home** or in your hotel room if traveling, except to seek medical care. Do not travel or go to work or school.
- **Avoid close contact** with others for 7 days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer.

### EVERYONE SHOULD:

- **Cover your mouth and nose** with a tissue when you cough or sneeze.
- **Wash your hands often** with soap and water or use an alcohol-based hand gel.
- **Avoid touching your eyes, nose or mouth.**
- **Avoid contact with ill persons.**



#### For more information:

- Visit [www.cdc.gov/H1N1/flu](http://www.cdc.gov/H1N1/flu)
- Contact CDC 24 Hours/Every Day
  - > 1-800-CDC-INFO (232-4636)
  - > TTY: (888) 232-6348
  - > [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)
- Contact your local or state health department

H1N1 Travel Health Alert Notice, 05-09



DEPARTMENT OF HEALTH AND HUMAN SERVICES  
CENTERS FOR DISEASE CONTROL AND PREVENTION  
SAFER • HEALTHIER • PEOPLE™

